

Monday		Tuesday		Wednesday		Thursday		Friday	
									
<b>CENTER CLOSED</b> <b>Public Holiday</b>		<b>CENTER OPEN UNTIL 7:30</b> 8:30-7 Table Tennis 8:45 Contract Bridge 9 Golf at Southborough Golf Club, \$18 9-7 Fitness Room \$2 9-7 Computer Room 9 Pinochle 9:30 Aerobics, Free 11 Zumba \$3 11-4 Mah Jongg 12:30 Chair Volleyball <b>1-2 ZOOM: Parkinson's Support Group</b> <b>2 Friends Board Meeting</b> 5-7 Pool Tables		<b>6 The Music of Motown,</b> <b>Presented by</b> <b>Dr. Brett Abigana</b>   <b>CANCELLED: ZUMBA</b>		<b>8:30-4 Pool Tables Open</b> 8:30-4 Table Tennis 9-4 Fitness Room \$2 9-4 Computer Room 9:30-12:30 Blood Pressure Clinic 9:45 Tentative: Strength Training/Cardio \$3 10:30 Outdoor Tai Chi - Must be preregistered 11 Mindful Living & Meditation \$3		<b>8:30-4 Pool Tables Open</b> 8:30-4 Table Tennis 9-4 Fitness Room \$2 9-4 Computer Room 9 Cribbage 10-2 Mah Jongg 10-12 Ask-the-Experts 10:30-12:30 Grupo Latinoamericano 11 Zumba \$3 1 Book Discussion Group	
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